



SHARON'S RELIABLE RED LENTIL & TOMATO SOUP

Soup isn't just for autumn! Sharon McMaster runs soup share events through the year to bring people together and raise funds for local community gardening projects and schools in Northern Ireland. Here's one of two recipes she's recommending for this year's Big Soup Share.

"This is a great soup to warm you up on chilly days! It's very cheap to make so is a perfect choice for fundraisers and midweek suppers that won't stretch the budget. This soup is full of goodness due to lentils being low in calories, high in fibre and packed with protein!"

SERVES 8

PREP 10 mins

COOK 20 mins

EQUIPMENT

1 large pot / peeler / chopping board / chopping knife / sieve / wooden spoon for stirring / tin opener / hand blender

INGREDIENTS

1 onion, finely diced
1 carrot, peeled and finely diced
1 stick celery, finely diced
1 small sweet potato, peeled and chopped

250g red lentils, rinsed and drained
3 tins chopped tomatoes. Alternatively swap a tin or two for your own home-grown ones!
2 litres stock (1 use vegan bouillon powder)

METHOD

1. Add all of the ingredients to the pot. No need for butter or oil.
2. Bring to the boil and then reduce the heat so the soup is simmering. Stir often to prevent the lentils from sticking to the pot and add more water if it becomes too thick.
3. Once the lentils are cooked, after about 15-20 minutes, season with salt and pepper to your taste and then blend the soup with a hand blender.

Got a brilliant soup recipe that is soup-er tasty?

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